

Name of Child Care Provider: _____

Standard Infant Menu

Iron-fortified infant formula: _____

<u>Birth to 3 Months</u>	
Breakfast, Lunch or Supper, and Snack: Iron-fortified infant formula or breast milk <i>(Required)</i>	
<u>4-7 Months</u>	
Breakfast: Iron fortified infant formula or breast milk <i>(Required)</i> For babies eating solid foods: Iron-fortified infant cereal	Snack Iron-fortified infant formula or breast milk <i>(Required)</i>
Lunch or Supper: Iron-fortified infant formula or breast milk <i>(Required)</i> For babies eating solid foods: Iron-fortified infant cereal A variety of pureed vegetables and fruits: <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="width: 45%;"> <ul style="list-style-type: none"> Green beans Carrots Squash Peas Potatoes Sweet Potatoes </div> <div style="width: 45%;"> <ul style="list-style-type: none"> Applesauce Pears Bananas Peaches Prunes </div> </div>	
<u>8 to 11 Months</u>	
Breakfast: Iron-fortified infant formula or breast milk <i>(Required)</i> Iron-fortified infant cereal <i>(Required)</i> A variety of fruits and vegetables of an appropriate texture and consistency <i>(Required)</i>	Snack: Iron-fortified infant formula or breast milk or 100% Fruit Juice <i>(Required)</i> For babies eating bread products: Small strips or pieces of dry bread or toast or Small pieces of plain low salt crackers or Graham crackers made without honey or Small pieces of soft tortilla or soft pita bread or Teething biscuits
Lunch or Supper Iron-fortified infant formula or breast milk <i>(Required)</i> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>A variety of pureed vegetables and fruits: <i>(Required)</i></p> <div style="display: flex; justify-content: space-around;"> <div style="width: 45%;"> <ul style="list-style-type: none"> Green beans Carrots Squash Peas Potatoes Sweet Potatoes </div> <div style="width: 45%;"> <ul style="list-style-type: none"> Applesauce Pears Bananas Peaches Prunes </div> </div> </div> <div style="width: 45%;"> <p>Choice of infant cereal OR meat/meat alternatives <i>(Required)</i></p> <ul style="list-style-type: none"> Variety of meats, poultry (cooked plain or from a jar) Fish-cooked plain, boneless Egg yolk-hard cooked Dry beans and peas-cooked plain Cheese, regular plain-sliced thin or thin strips Cottage cheese </div> </div>	